



North Idaho Medical Reserve Corps

October 2007

Volume 3, Issue 4

Volunteers & Patients, Come on Down.....

Join us for the Panhandle Health District for the 2007/2008 POD Exercise! We need people to simulate patients and come through the Plummer Region's POD Clinic. No RSVP required, just show up, go through the POD and receive a treat for your time. This will be an opportunity for the Plummer community to test it's ability to respond in an emergency and provide treatment to the entire community. This simulation is what we plan and train for. It is vitally important to lend this community a helping hand by **overwhelming** them with patients. If you have any questions about this exercise, PODs, and your role in them, please contact Jessica Aguirre, Unit Coordinator at 208-415-5185 or jaguirre@phd1.idaho.gov.

Thursday, November 1, 2007 @ Coeur d'Alene Tribal Wellness Center ~ 10:00am - 12:00 noon

Brief Review on PODs.....POD stands for Point of Dispensing. A POD is an emergency clinic that will be set up at a pre-determined location as a means to vaccinate or treat an entire community in the event of a Public Health emergency. Panhandle Health District has 8 PODs strategically placed throughout North Idaho and these are the response locations that all MRC volunteers are assigned to.

Holidays and Preparedness

Reprinted from Monterey County Health Department Preparedness Minute, December 8, 2006

With the holidays approaching it is easy to get caught up in the excitement and put off preparing your families for emergencies. Take a moment to consider what you can do over the holidays to help your friends and family become more prepared. Many of the items you may want to have in your family's emergency kit are small and would make good, or at least interesting stocking stuffers. While we are not suggesting that you add surgical masks to your Christmas gift list, consider adding a flashlight to everyone's stocking.



Stocking Stuffer Ideas...

- Flashlight
- Small First Aid Kits
- Whistle
- ID or Medic Bracelet

A Gift of Preparedness Jewelry

When only a gift of jewelry will do, consider preparedness jewelry. Granted, this sort of gift may require some imagination, take a moment and think about how you can make an everyday jewelry a preparedness item. Here are some items to get you started.....

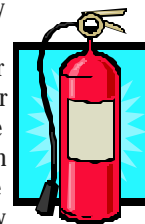
~ Pendant with a "secret" compartment for money or identification

~ ID bracelet for kids with emergency information on the backside

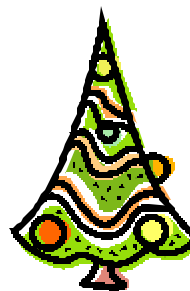
For that person who has everything.....

We all have someone on our list who is hard to buy for, the grandparent that has everything or the neighbor who really doesn't need another calendar or knick knack. Consider a gift of a smoke alarm or a fire extinguisher. (Fire extinguishers are a nice Christmas red).

Fires are the most common disasters, an alarm would give your loved one an early warning in the event of a fire.



Consider giving a Weather Radio this season. A Weather Radio provides continuous broadcasts of the latest weather information directly from a National Weather Service Forecast Office. During severe weather, routine broadcasting is interrupted and special watch and warning messages are issued.



- CodeRED Test on November 10 at 9:00am -

This a reminder that we will be conducting a test of the CodeRED System on November 10th. The test call will ring to your home and/or cell phone at 9:00am and will state a brief message. In the event of an actual emergency, you would be given response instructions. Please remember that this is only a test. If you have any questions or concerns, please call the MRC office: 208-415-5185.

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Medical Reserve Corps

Quarterly Training Schedule

October

10/11

Orientation

@ Plummer

CDA Tribal Wellness Center

6:00 - 8:00 p.m.

10/18

POD Operations & Management

@ Plummer

CDA Tribal Wellness Center

9:00 a.m. - 12:00 noon

POD Operations & Management: This certification class provides review and discussion of POD operations and the role of the POD manager. It incorporates a practice/application/ walk-through on set up of a POD.

Psychological First Aid: The purpose of this course is to prepare volunteers and staff to provide basic care, comfort and support to people who are experiencing disaster-related stress.

Plummer Full Scale Exercise: This full scale exercise will test the capability of the Benewah Medical & Wellness Center to staff and operate a mass dispensing facility.

ICS 100: ICS 100 introduces the Incident Command System (ICS) and provides the foundation for higher-level ICS training. This course describes the history, features and principles, and organizational structure of the Incident Command System.

November

11/01

Plummer POD

Full Scale Exercise

@ CDA Tribal Wellness Center

10:00 - 12:00 noon

We need pretend patients to come through this clinic!

11/15

Orientation

@ Post Falls

Post Falls High School

Room 203

6:00 - 8:00 p.m.

11/28

NIMS: Introduction to National Incident Management System

@ Hayden

Panhandle Health District

Rooms 251 & 253

9:00 a.m. - 12:00 noon

NIMS: This course introduces the National Incident Management System and explains the key concepts and principles of NIMS, as well as the benefits of using this system for domestic incident response.

ICS 200: ICS 200 is designed to enable personnel to operate efficiently during an incident or event within the Incident Command System (ICS). This course focuses on the management of single resources. Prerequisite: ICS 100

December

12/08

Psychological First Aid

@ Hayden

Panhandle Health District

Rooms 251 & 253

9:00 a.m. - 1:00 p.m.

12/12

ICS 100: Incident Command System Introduction

@ Hayden

Panhandle Health District

Rooms 251 & 253

8:00 a.m. - 5:00 p.m.

January

01/22 - 01/23

ICS 200: ICS for Single Resource & Initial Action Incidents

@ Hayden

Panhandle Health District

Rooms 251 & 253

8:00 a.m. - 5:00 p.m. Daily

For more information on NIMS & ICS trainings, or to take them online, visit www.fema.gov.

To register for any of the offered trainings or for more information, please contact

Jessica Aguirre at 208-415-5185 or jaguirre@phd1.idaho.gov

Remember to always fax a copy of any training certificates you receive to the MRC office at 208-415-5181

Knowledge is Power

*It is the goal of the MRC to ensure that volunteers and members of the community are as prepared as possible in the event of an emergency.
To aid in this, we will be dedicating a section of each newsletter to providing further education about a possible public health threat.....*

Key Facts About Seasonal Influenza (Flu)

Reprinted from CDC Website, www.cdc.gov

What is Influenza (Also Called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average: 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications and; about 36,000 people die from flu. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Symptoms of Flu

Symptoms of flu include: fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches. Stomach symptoms, such as nausea, vomiting and diarrhea, also can occur but are more common in children than adults.

Complications of Flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

How Flu Spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Preventing Seasonal Flu: Get Vaccinated

The single best way to prevent seasonal flu is to get a flu vaccination each year.

Panhandle Health District 2007 Flu Vaccination Clinic Schedule

Below are the confirmed clinic dates. For more information and additional clinic dates, please contact Panhandle Health District at 208-415-5100.

Benewah County

Oct. 10 @ St. Maries Senior Center 1:00pm
Oct. 24 @ St. Maries Senior Center 1:00-4:30pm

Boundary County

Oct. 15 @ Panhandle Health District, Bonners Ferry 9:00-11:30am
Oct. 15 @ Panhandle Health District, Bonners Ferry 1:00-4:00pm

Kootenai County

Oct. 12 @ Lake City Senior Center 9:00am-3:00 pm
Oct. 17 @ Harrison Grange 10:30am-2:00pm
Oct. 17 @ Medimont Grange 5:00pm-7:00pm
Oct. 19 @ Rathdrum Senior Center 9:00am-12:00 noon
Oct. 19 @ Spirit Lake Senior Center 1:00pm-3:00pm
Oct. 26 @ Bayview Community Center 9:00am-12:00 noon
Oct. 26 @ Hayden Super 1 Store 1:00-3:30pm

Oct. 30 @ Post Falls Senior Center 9:00am-12:00 noon
Nov. 2 @ Post Falls Trading Company 9:00am-12:00 noon
Nov. 9 @ Panhandle Health District, Hayden 1:00-4:00pm
Nov. 16 @ Panhandle Health District, Hayden 1:00-4:00pm
Nov. 30 @ Panhandle Health District, Hayden 1:00-4:00pm

Shoshone County

Oct. 19 @ Murray-Prichard Fire Station 1:00-3:00pm
Oct. 23 @ Pinehurst Elementary 9:00am-12:00 noon
Oct. 23 @ Kellogg Avista 1:00-4:00pm
Oct. 24 @ Mullan City Hall 9:00am-11:00am
Oct. 24 @ Wallace Senior Center 1:00-3:00pm
Oct. 26 @ Osburn Senior Center 9:00am-12:00 noon
Oct. 31 @ Avery School 9:30am-1:00pm
Oct. 31 @ Calder Store 1:30-3:00pm

Calling All MRC Volunteers!

MRC of North Idaho has been invited to join the Idaho Health Alert Network (ID HAN)

The Idaho HAN is a web-based system designed to rapidly deliver time-critical, health-related information to regional health care providers and community partners. When a threat is identified, the Idaho Department of Health and Welfare (IDHW) sends a HAN message, via email or fax, to district public health departments. The districts in turn pass this information on, again through email or fax, to hospitals, clinics, physicians, nurses, veterinarians, pharmacies, tribal authorities, schools, the media and other community partners, including Medical Reserve Corps volunteers. Registered users on the Idaho HAN have immediate access to important regional health information and are automatically kept up-to-date on changes when they occur.

Accessing the Idaho HAN

To register as part of the Idaho HAN, please visit <http://health.dhw.state.id.us/IDHAN>

When you first go to the Idaho HAN website, you are classified as an Anonymous User because you do not yet have a user profile in Idaho HAN. Once you have completed the User Registration Form and your Organization Administrator or System Administrator has approved you, you will have a user profile in Idaho HAN and you will be classified as a Registered User. As a Registered User, you will automatically be notified by Idaho HAN of any health alerts that are addressed to your user role. Please remember that you are responsible for keeping your HAN profile updated and that all registrations are subject to approval from our Organization Administrator. If you have questions or difficulties with the site, contact Jeff Lee, Organization Administrator, at (208)415-5100 or email han@phd1.state.id.us.

Registration Note: Use Medical Reserve Corps for your company name to ensure your approval!



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Medical Reserve Corps of North Idaho
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